

# Vegetable Wraps

Meal Components: Vegetable - Other, Grains, Meat / Meat Alternate

Sandwiches, F-09

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole grain-rich flour tortilla, 12" soft (at least 1.8 oz)		50 each		100 each	1. Steam tortillas for 3 minutes until warm. OR Place in warmer to prevent torn tortillas when folding.
Ranch dressing (E-19)	50 oz	1 qt 2 1/4 cups	100 oz	3 qt 1/2 cup	2. For ranch dressing use Ranch Dressing recipe (see E-19). Spread 2 Tbsp ranch dressing down the center of each tortilla.
*Leaf lettuce	13 oz	1 qt 2 3/4 cups	1 lb 10 oz	3 qt 1 1/2 cups	3. Place about ¼ oz lettuce on top of ranch dressing.
†Raw mixed vegetables					4. Combine raw vegetables: green peppers, onions, carrots, and cucumbers. Portion 2 oz vegetable mix with a No. 10 scoop ( ? cup) on top of lettuce leaf and dressing.
*Raw green peppers, chopped	1 lb 10 oz	1 qt 3/4 cup	3 lb 4 oz	2 qt 1 1/2 cups	
*Raw onions, chopped	1 lb 13 oz	1 qt 1 cup	3 lb 10 oz	2 qt 2 cups	

*Raw cucumbers, peeled and diced	1 lb 9 oz	1 qt 1 cup	3 lb 2 oz	2 qt 2 cups	
Reduced fat cheddar cheese, shredded	3 lb 2 oz	3 qt 1/2 cup	6 lb 4 oz	1 gal 2 1/4 qt	<p><b>5.</b> Sprinkle 1 oz (¼ cup) cheese on top of vegetables.</p> <p><b>6.</b> Fold the top and bottom of the tortilla into the center. Beginning at either side, roll the tortilla until all the contents cannot be seen.</p> <p><b>7.</b> Cut diagonally in half.</p>

#### Notes

\*See Marketing Guide

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Leaf lettuce	1 lb 4 oz	2 lb 8 oz
Green peppers	2 lb 1 oz	4 lb 2 oz
Mature onions	2 lb 1 oz	4 lb 2 oz
Carrots	1 lb 10 oz	3 lb 4 oz
Cucumbers	1 lb 14 oz	3 lb 12 oz

Serving	Yield	Volume
2 pieces provide 1 oz equivalent meat alternate, 3/8 cup other vegetable, and 1 3/4 oz equivalent grains.	<b>50 Servings:</b> about 19 lb  <b>100 Servings:</b> about 38 lb	<b>50 Servings:</b> 1 gallon ? quarts (vegetable filling); 100 halves  <b>100 Servings:</b> 2 gallons 1 3/4 quarts (vegetable filling); 200 halves

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Nutrients Per Serving					
Calories	299	Saturated Fat	4.72 g	Iron	2.04 mg
Protein	13.8 g	Cholesterol	21 mg	Calcium	336 mg
Carbohydrate	36.52 g	Vitamin A	3707 IU	Sodium	636 mg
Total Fat	10.8 g	Vitamin C	16.5 mg	Dietary Fiber	2.9 g